SHARP

Carousel™

HIGH SPEED CONVECTION MICROWAVE OVEN

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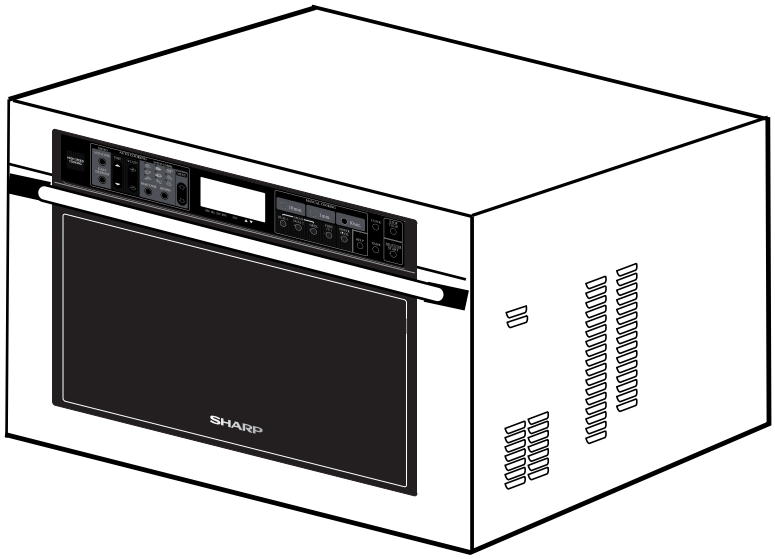
MODEL R-90GC(S)

OPERATION MANUAL



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SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12) months from the date of original purchase.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim.

This warranty is in addition to and in no way limits, varies or excludes any express and implied rights and remedies under any relevant legislation in the country of sale.

IMPORTANT

DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. _____

Serial No. _____

Date of Purchase _____

Retailer _____

FOR LOCATION ENQUIRIES WITHIN
AUSTRALIA
REGARDING YOUR
LOCAL
SHARP APPROVED SERVICE CENTRE
CALL THE
SHARP SERVICE REFERRAL CENTRE
TOLL FREE 1 300 135 022
DURING NORMAL BUSINESS HOURS
(Eastern Standard Time)
or contact our web site
www.sharp.net.au

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED
ABN 40 003 039 405
1 Huntingwood Drive Blacktown NSW 2148

FOR PRODUCTS PURCHASED IN
NEW ZEALAND
CONTACT YOUR SELLING DEALER/RETAILER
OR CALL
SHARP CUSTOMER SERVICES
telephone: 09 573 0111
FACSIMILE: 09 573 0113
or contact our web site
www.sharpnz.co.nz

SHARP CORPORATION OF NEW ZEALAND LIMITED
59 Hugo Johnson Drive
Penrose, Auckland

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand.

INTRODUCTION

SHARP®

INFO DISPLAY COOKING SYSTEM

Thank you for buying a Sharp Microwave Oven.
Your new oven has an " Information Display System" which offers you step-by-step instructions to easily guide you through each feature.
Your oven also has a HELP key for instructions on using Guide of Keys, Child Lock, Sound Setting, Refresh Cycle and Help.
After gaining experience and confidence using your oven, the information display can be turned off.
We strongly recommend however that you read this operation manual thoroughly before operating your oven, paying particular attention to the safety warnings and special notes.

The manual is divided into two sections:

1. OPERATION (P3~P24)
   This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDE
   This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.
   It also contains recipes for automatic cooking.

Please take some time to read your operation manual carefully, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step-by-step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

WARNING

IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Do not put things on top of the oven or cover the outer cab inet.

To reduce the risk of fire in the oven cavity:

a. Do not overcook food.
b. Remove wire twist-ties from paper or plastic b ags b efore placing b ag in the oven.
c. Do not heat oil or fat for deep frying. The temperature of the oil cannot b e controlled.
d. Look at the oven from time to time when food is heated in disposab le containers made of plastic, paper or other comb ustib le materials for signs of smoke or b urning.
e. If materials inside the oven should ignite, or smoke is ob served, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit b reaker panel.

To reduce the risk of an ex plosion or delayed eruptive b oiling:
Your microwave oven is capab le of heating food and b everages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to b e heated. If you are unsure of the cooking time and power level required, b egin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
Additionally:

a. Do not place sealed containers in the oven. Bab ies b ottles fitted with a screw cap or teat are considered to b e sealed containers.
b. Do not use ex cessive amount of time.
c. When b oiling liquids in the oven, use a wide-mouthed container.
d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive b oiling of liquids.
e. Stir the liquid b efore and during cooking. Use ex treme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only b e used for heating, cooking and defrosting food and b everage.
It is not suitab le for commercial, lab oratory use, or heating therapeutic devices eg. Wheat b ags.

Never operate the oven whilst any ob ject is caught or jammed b etween the door and the oven.

Do not try to adjust or repair the oven yourself.
It is haz ardous for anyone other than a qualified service technician trained b y SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against ex posure to microwave energy are very haz ardous.

Do not operate the oven if it is not working correctly or damaged until it has b een repaired b y a qualified service technician trained b y SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (warped), (2) Hinges and Latches (b roken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (b uckled or deformed), (4) Burn marks on the door seal faces.

Do not b ump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

Never poke an ob ject, particularly a metal ob ject, through a grille or b etween the door and the oven while the oven is operating.

Never tamper with or deactivate the door safety latches.

Always use oven gloves to prevent b urns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin b urns.

Should the power supply cord b ecome damaged, it must b e replaced with a special cord supplied b y a SERVICE CENTRE APPROVED BY SHARP. And it must b e replaced b y a qualified service technician trained b y SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained b y SHARP.

Avoid steam b urns b y directing steam away from the face and hands.
Slowly lift the furthest edge of a dish' s cover and microwave plastic wrap and carefully open popcorn and oven cooking b ags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Accessib le parts (e.g.oven door, oven cavity, dishes and accessories) will b ecome hot when in use. To avoid b urns and scalds children should b e kept away. Always use thick oven gloves to prevent yourself from getting b urnt.

Only allow children to use the oven without supervision when adequate instructions have b een given so that the child is ab le to use the oven in a safe way and understands the haz ards of improper use.

This appliance is not intended for use b y young children or infirm persons without supervision.

Young children should b e supervised to ensure that they do not play with the appliance.

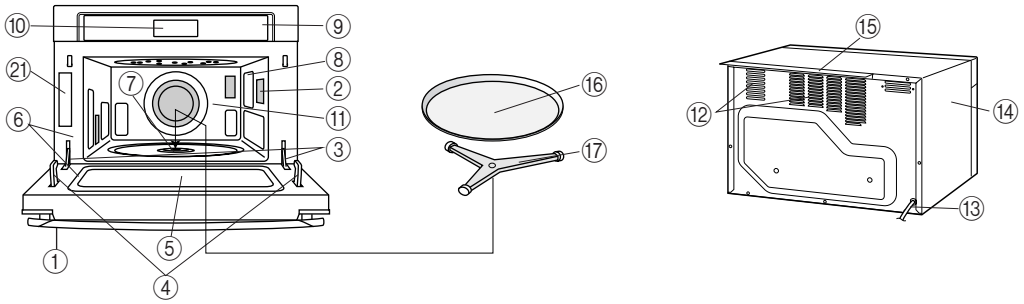
SPECIAL NOTES

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetab les, sausages and oysters	* Puncture egg yolks and whites and oysters b efore cooking to prevent " ex plosion" . * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents " ex plosion" , which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially b agged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular b rown b ags or glass b owls. * Ex ceed max imum time on popcorn package.
Bab y food	* Transfer b ab y food to small dish and heat carefully, stirring often. Check for suitab le temperature to prevent b urns. * Remove the screw cap and teat b efore warming b ab y b ottles. After warming shake thoroughly. Check for suitab le temperature.	* Heat disposab le b ottles. * Overheat b ab y b ottles. Only heat until warm. * Heat b ottles with nipples on. * Heat b ab y food in original jars.
General	* Food with filling should b e cut after heating, to release steam and avoid b urns. * Use a deep b owl when cooking liquids or cereals to prevent b oiling over.	* Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herb s, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an ab sorb ing material such as food or water) in the oven cavity ex cept when condition-ing or cleaning the heater elements as describ ed in the operation manual.
Liquids (Beverages)	* For b oiling or cooking liquids see WARNING on page 2 to prevent ex plosion and delayed eruptive b oiling.	* Heat for longer than recommended time.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	* These foods have high sugar and/or fat contents. * Cook for the recommended time.	* Overcook as they may catch fire.
Meats	* Use a microwave proof roasting rack to collect drained juices.	* Place meat directly on the turntab le for cooking.
Utensils	* Check the utensils are suitab le for MICROWAVE cooking b efore you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	* Place a suitab le insulator such as a microwave and heat proof dinner plate b etween the turntab le and the b rowning dish.	* Ex ceed the preheating time recom-mended b y the manufacturer. Ex ces-sive preheating can cause the glass turntab le to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

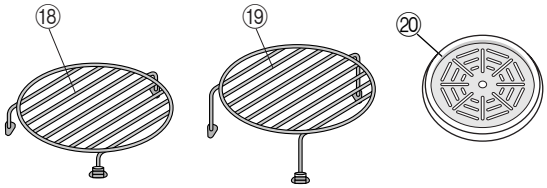
1. Remove all packing materials from the oven cavity, **(do not remove the waveguide cover)**, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Turntable
   2) Turntable support
   3) Low rack
   4) High rack
   5) Splash guard
   6) Operation manual
   7) Cookbook
   8) Touch guide
3. Since the door may become hot during cooking, you should place or mount the oven so that the bottom of the oven is 80 cm or more above the floor. You should also keep children away from the door to prevent them burning themselves.
4. Place the turntable support to the turntable motor shaft on the floor of the oven cavity. And place the turntable on the turntable support. Make sure the turntable and turntable support are centrally located and locked together. NEVER operate the oven without the turntable support and turntable.
5. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit.
   The oven should be installed so as not to block ventillation openings.
   Allow at least 40 cm on the top, 5 cm on the both sides and at the rear of the oven for free air space.
   This oven shall not be installed below bench height.
6. Building the oven into the wall. A Sharp built-in kit model number EBR-90GKST is available which enables the microwave oven to be integrated within a kitchen, the kit is available from your retailer. This built-in kit has been tested according to Australian Standards. Sharp does not recommend the use of any other built-in kit.If the oven is to be positioned near a conventional oven, ensure that adequate space is allowed, and a suitable heat shield is incorporated between the two to prevent damage to the oven and the built-in kit caused by heat.
7. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C. voltage must be single phase 230-240V, 50Hz .
8. This appliance must be earthed.
9. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.
10. Before using the oven for the first time, it is recommended to do the Refresh Cycle. Refer to page 19.

OVEN DIAGRAM



1. Door open handle
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Turntable motor shaft
8. Waveguide cover
9. Control panel
10. Digital readout
11. Oven cavity
12. Ventilation openings
13. Power supply cord
14. Outer cabinet
15. Ventilation cover (Do not remove)
16. Turntable
17. Turntable support
18. Low rack
19. High rack
20. Splash guard
21. Rating label

Accessories
The racks and splash guard are used for cooking in Convection, Dual or Grill mode.

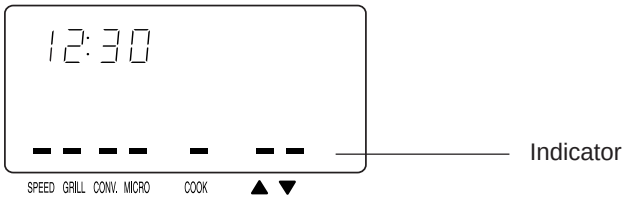


Warning:
The accessories will become very hot when in use. Use thick oven gloves when inserting/removing the food or turntable from the oven to PREVENT BURNS.

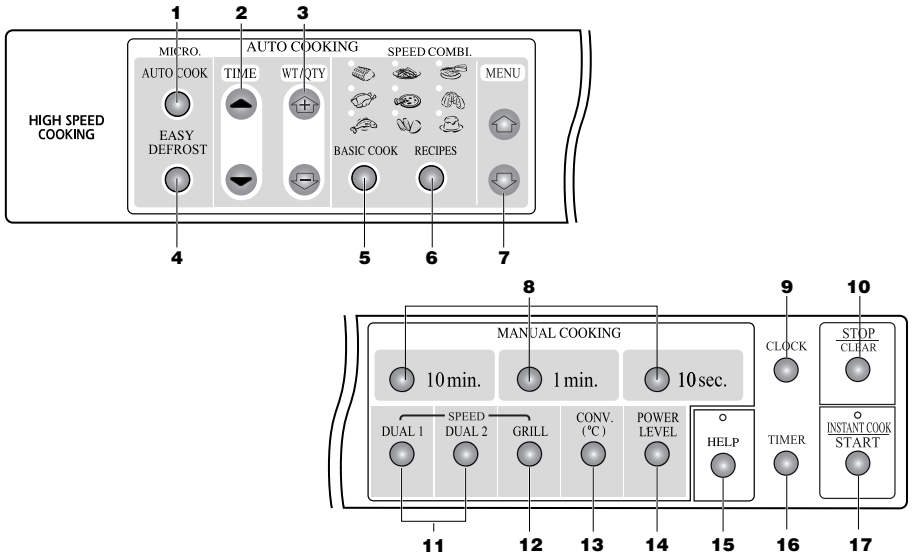
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate keys arranged on the surface of the control panel.
An entry signal tone should be heard each time you press the control panel to make a correct entry.
In addition the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when a cooking procedure is required.

Control Panel Display



Touch Control Panel Layout



① AUTO COOK KEY
Press to select AUTO COOK mode.

② MORE (▲), LESS (▼) KEYS
Press to adjust the doneness of food in one minute increments during cooking or to increase/decrease the time whilst programming the automatic operations.

③ WEIGHT KEYS
Press to enter weight.

④ EASY DEFROST KEY
Press to defrost meat by entering weight.

⑤ BASIC COOK KEY
Press to select BASIC COOK mode.

⑥ RECIPES KEY
Press to select RECIPES mode.

⑦ MENU KEYS
Press to select BASIC COOK and RECIPES menu.

⑧ TIME KEYS
Press to enter cooking time and clock time.

⑨ CLOCK KEY
Press to set clock time.

⑩ STOP/CLEAR KEY
Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

⑪ DUAL KEYS
Press to select dual cooking.

⑫ GRILL KEY
Press to select grill cooking.

⑬ CONV. (°C) KEY
Press to select convection cooking.

⑭ POWER LEVEL KEY
Press to select microwave power setting.
If not pressed, 100% is automatically selected.

⑮ HELP KEY
Press to get guide of keys, set child lock, sound and refresh cycle.
Press to obtain cooking information.

⑯ TIMER KEY
Press to set timer.

⑰ INSTANT COOK/START KEY
Press to start oven after setting programs.
Press once to cook for 1 minute on 100% or increase by 1 minute multiples each time this key is pressed during manual cooking.

BEFORE OPERATING

Getting Started

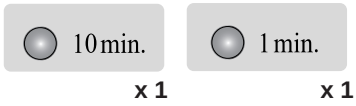
1. Plug the oven into a power point and switch on the power. Ensure the door is closed.
2. The oven display will show " PRESS STOP" .
3. Press the **STOP/CLEAR** key. The display will show " .0" .
4. Set the clock.
5. Use the Refresh Cycle to heat the oven before using for the first time. (Please refer to page 19.)

Clock Setting

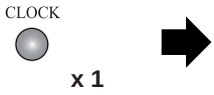
* To enter the present time of day 11:34 (AM or PM).

1. Press the **CLOCK** key.

2. Enter the hours by pressing the **TIME** keys.



3. Press the **CLOCK** key once.



4. Enter the minutes by pressing the **TIME** keys.

5. To start the clock, press the **CLOCK** key once.

This is a 12 hour clock. If you press any of the **TIME** keys too many times, continue to press the key until the desired time reappears.
If you wish to know the time of day during the cooking or timer mode, press the **CLOCK** key. As long as your finger is pressed on the **CLOCK** key, the time of day will be displayed.

Stop/Clear

Press the **STOP/CLEAR** key once to:
1.Stop the oven temporarily during cooking.
2.Clear if you make a mistake during programming.
3.Clear the message on the display after cooking.

To Cancel a Programme During Cooking

Press the **STOP/CLEAR** key twice.

MICROWAVE COOKING

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level.
There are five different power levels. You can programme up to 99 minutes, 90 seconds.

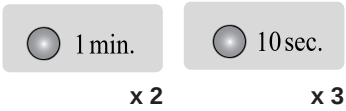
Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display	10P	30P	50P	70P	100P
Ex amples of foods typical-ly cooked on microwave oven power level	Keeping food warm	Defrost Softening b utter	Casseroles	Cakes Muffins Slices	Vegetab les Rice/Pasta Fruit
			Seafood		

This variab le cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then 100% power is automatically used.

* Suppose you want to cook manually for 2 minutes 30 seconds on 100% power.

1. Enter desired cooking time.



2. Press the **INSTANT COOK/START** key.

Check the display.

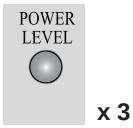
The timer b egins to count down.

To reduce the power level press the **POWER LEVEL** key until desired power level is displayed.

* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

1. Enter desired cooking time.

2. Select power level b y pressing the **POWER LEVEL** key as required (for 50% press three times).



3. Press the **INSTANT COOK/START** key.

Check the display.

The timer b egins to count down.

If the door is opened during the cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the **INSTANT COOK/START** key is pressed.

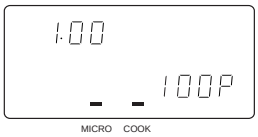
If more than 40 minutes on 100% is entered, the microwave power will b e reduced after 40 minutes to avoid overheating.

Instant Cook™

For your convenience Sharp' s Instant Cook allows you to easily cook for one minute on 100%microwave power.

Press the **INSTANT COOK/START** key.
(Within 3 minutes of closing the door.)

Check the display.



The timer b egins to count down.

Press the**INSTANT COOK/START** key until desired time is displayed.
Each time the key is pressed, the cooking time is increased b y 1 minute.

GRILL COOKING

The GRILL is a pre-programmed setting that cooks at high speed using a high temperature and max imum speed hot air circulation. It is assisted b y the turntab le which rotates to ensure even b rowning.
Food can b e placed either directly onto the racks, or into a flan dish/heat-resistant plate on the racks.

* Suppose you want to grill for 5 minutes.

1. Enter desired cooking time.

x 5

2. Press the **GRILL** key.

3. Press the **INSTANT COOK/START** key.

Check the display.

The timer b egins to count down.

NOTES:

- Preheat is recommended. To set preheat, press the **CONV.(°C)** key once for 250°C prior to step 1. Remove the turntab le and accessories b efore preheating.
- You may detect smoke or a b urning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. (Please see Refresh Cycle on page 19.)
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show " NOW COOLING" .

Follow the recommended grill cooking times and procedures in the cookbook.

Warning:
Accessib le parts (e.g. oven door, oven cavity, dishes and accessories) will b ecome hot when in use. To prevent b urns, always use thick oven gloves.

PREHEATING

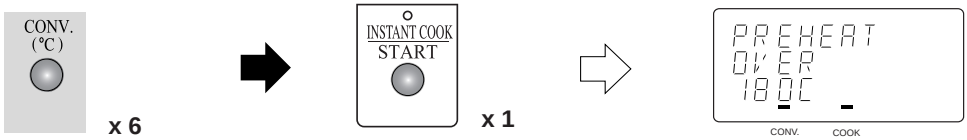
For best results, preheat to the required temperature with the turntable in the oven. Add food after preheating.

* To preheat the oven to 180°C

1. Select preheating temperature by pressing the **CONV. (°C)** key (for 180°C press 6 times).

2. Press the **INSTANT COOK/START** key.

3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and press the **INSTANT COOK/START** key.



NOTES:

- Remove the turntable and accessories before preheating.
- When the oven reaches the desired temperature, the audible signal will sound and the temperature will be displayed in °C. Do not press the **STOP/CLEAR** key after opening and closing the door, as this will cancel the Preheating mode.
- The preheated temperature will be maintained for approximately 30 minutes. After this time, preheat will be cancelled.
- You can check the actual temperature during preheating by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the oven operation.
- You may detect smoke or a burning smell when using convection for the first time. This is normal and is not a sign that the oven is out of order. (Please see Refresh Cycle on page 19).

If you are in the process of preheating and wish to check the actual oven temperature, simply press the **CONV. (°C)** key. The actual oven temperature will be displayed as long as the **CONV. (°C)** key is pressed. If the oven temperature is below 40°C at this time, LO C will be displayed.

Warning:
Accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use. To prevent burns, always use thick oven gloves.

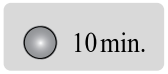
CONVECTION COOKING

Your oven can be used as a conventional oven using the convection facility which has10 pre-set oven temperatures. During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp foods evenly. Preheating is recommended for better results.

The temperatures available in °C are:
40°C, 100°C, 130°C, 160°C, 180°C,
190°C, 200°C, 220°C, 230°C, 250°C.

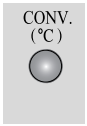
* Suppose you want to cook for 20 minutes at 250°C.

1. Enter desired cooking time.



x 2

2. Select desired temperature by pressing the **CONV. (°C)** key (for 250°C press once).



x 1

3. Press the **INSTANT COOK/ START** key.

Check the display.

The timer begins to count down.

Warning:
Accesible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use. To prevent burns, always use thick oven gloves.

Helpful Hints:
If you are cooking and wish to check the temperature you have programmed, simply press the **CONV. (°C)** key. The programmed temperature will be displayed as long as **CONV. (°C)** key is pressed.
For the best cooking results please closely follow the steps in the operation manual/cookbook. For your convenience a selection of popular menus have been preprogrammed into the oven.

NOTE:
Temperature measurements whilst in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. Manual convection cooking temperature is limited to be 20-50 °C less than displayed level for some cases. Also if you cook more than 30 minutes in convection mode, after the first 30 minutes the oven temperature may become much lower than the displayed level to avoid overcooking.
This will not affect the cooking results.

DUAL COOKING

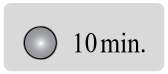
Dual Cook combines microwave power with grill or convection.
The **DUAL** cooking modes use high speed air circulation. The combination of microwave power with grill or convection reduces cooking time and provides a crisp, brown finish.

Press **DUAL MODE** key	Cooking method	Microwave Power Range
DUAL 1	MICROWAVE and GRILL	10% - 70%
DUAL 2	MICROWAVE and CONVECTION	10% - 70%

NOTES:
- Dual Cook is preset with 30% microwave power level. To adjust the microwave power, press the **POWER LEVEL** key until the desired power level appears on the display.
- Dual 2 is preset with 250°C convection. To adjust the convection temperature, press the **CONV. (°C)** key until the desired temperature appears on the display.
  The oven temperature can be changed from 40°C to 250°C in ten levels.
- Preheat is recommended for both dual cooking modes. To set preheat, press the **CONV. (°C)** key prior to step 1 in Example 1 and Example 2 until the desired temperature appears on the display. For **DUAL 1**, always preheat the oven to 250°C. Remove the turntable and accessories before preheating.

Example 1:
* Suppose you want to cook for 20 minutes on **DUAL 1** using 10% microwave power and GRILL.

1. Enter desired cooking time.



x 2

2. Select the cooking mode by pressing the **DUAL 1** key.

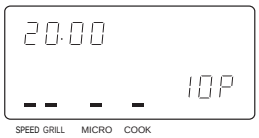
3. If you want to change the microwave power level, press the **POWER LEVEL** key (for 10% press once).

x 1

4. Press the **INSTANT COOK/START** key.

x 1

Check the display.

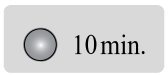


The timer begins to count down.

Example 2:

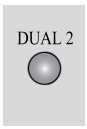
* Suppose you want to cook for 20 minutes on **DUAL 2** using 10% microwave power and 200°C convection.

1. Enter desired cooking time.



x 2

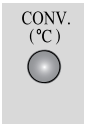
2. Select the cooking mode by pressing the **DUAL 2** key.



3. If you want to change the microwave power level, press the **POWER LEVEL** key (for 10% press once).

x 1

4. If you want to change the convection temperature, press the **CONV. (°C)** key (for 200°C press 3 times).

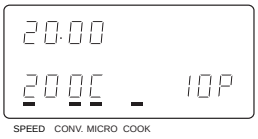


x 3

5. Press the **INSTANT COOK/START** key.

x 1

Check the display.



The timer begins to count down.

NOTES:

- You may detect smoke or a burning smell when using convection for the first time. This is normal and is not a sign that the oven is out of order. (Please see Refresh Cycle on page 19).
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show " NOW COOLING" .

Follow the recommended dual cooking times and procedures in the cookbook.

Warning:

Accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use. To prevent burns, always use thick oven gloves.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. When using the automatic features, carefully follow the instructions provided in each MENU GUIDE to achieve the best result.
   If the instructions are not followed carefully, the food may be overcooked or undercooked.
2. When action is required (e.g. to turn food over), the oven stops, the audible signal sounds and any instructions will appear on the display. To continue cooking, press the **INSTANT COOK/START** key.
3. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
4. When entering the weight of the food, round off the weight to the nearest 0.1kg (100g). For example, 1.65kg would become 1.7kg.
   Ready Meals of AUTO COOK and Crispy Crumb of BASIC COOK should be rounded up to the nearest 0.05 kg (50g), for example, 0.34kg (340g) to 0.35kg (350g).
5. If the **WEIGHT DOWN** (⊖) key is pressed the display will count down from the highest weight range, each time the key is pressed.
6. If the **WEIGHT UP** (⊕) key is pressed the display will count up from the lowest weight range, each time the key is pressed.
7. You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.
8. To change the final cooking or defrosting result from the standard setting, press the **MORE** (▲) or **LESS** (▼) key prior to pressing the **INSTANT COOK/START** key. See page 20.
9. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

Auto Cook / Easy Defrost

AUTO COOK

1. Frozen Pasta Meals
2. Frozen Vegetables
3. Fresh Vegetables
4. Fresh Pasta
5. Dried Rice / Pasta

EASY DEFROST

1. Roast Meat
2. Whole Poultry
3. Steak / Chops
4. Chicken Pieces
5. Minced Meat

AUTO COOK allows you to cook 5 popular foods.
EASY DEFROST allows you to defrost 5 popular foods.
Please refer to the AUTO COOK MENU GUIDE on page ④-⑤ or EASY DEFROST MENU GUIDE on page ⑥ of the cooking guides.

* Suppose you want to cook 0.2 kg of Frozen Vegetables.

1. Press the **AUTO COOK** key until desired menu number is displayed (for Frozen Vegetables press twice).

AUTO COOK

x 2

2. Enter the weight by pressing the **WEIGHT UP** key until desired weight is displayed (for 0.2 kg press twice).

WT/QTY

x 2

3. Press the **INSTANT COOK/START** key to start cooking.

BASIC COOK

BASIC COOK allows you to cook up to 45 pre-programmed foods selected from 9 categories. Please refer to the BASIC COOK MENU GUIDE on page ⑦-⑧ of the cooking guides.

PRESS BASIC COOK KEY	FOOD CATEGORY	SYMBOL
Once	Meat	
Twice	Poultry	
3 times	Fish	
4 times	Crispy Potatoes	
5 times	Piz z a	
6 times	Crispy Crumb	
7 times	Pie/Quiche	
8 times	Bakery	
9 times	Desserts	

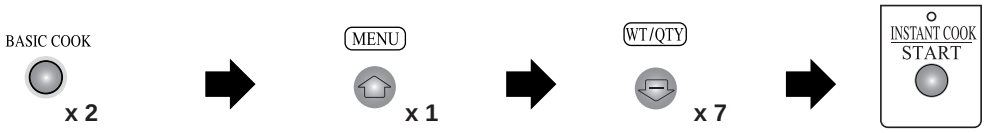
* Suppose you want to cook 2.0 kg of Chilled Whole Roast Chicken.

1. Select food category. Press the **BASIC COOK** key twice to select Poultry category. (The red indicator to the left of menu symb ol lights.)

2. Select the menu b y pressing the **MENU FORWARD** key once.

3. Enter the weight b y pressing the **WEIGHT DOWN** key 7 times.

4. Press the **INSTANT COOK/ START** key to start cooking.



NOTES:
- Press the **HELP** key for guidance in operating your oven, see page 19.
- After cooking, it is recommended to wait for 2 minutes b efore cooking again to allow the oven to cool down.

HINTS:
1. **Prepare the food in advance so it is ready to put into the oven as soon as preheat is over.**
2. **When action is required (e.g. to turn food over) do not leave the door open for a long time, as the oven temperature will cool.**

Warning:
Accessib le parts (e.g. oven door, oven cavity, dishes and accessories) will b ecome hot when in use. To prevent b urns, always use thick oven gloves.

RECIPES

RECIPES

The **RECIPES** function allows you to cook 45 pre-programmed recipes selected from 9 categories.
Please refer to the RECIPES MENU GUIDE on page ⑨ of the cooking guides and attached cookb ook.

PRESS BASIC COOK KEY	FOOD CATEGORY	SYMBOL
Once	Meat	
Twice	Poultry	
3 times	Fish	
4 times	Crispy Potatoes	
5 times	Piz z a	
6 times	Crispy Crumb	
7 times	Pie/Quiche	
8 times	Bakery	
9 times	Desserts	

* Suppose you want to cook Chicken Parmesan Bake.

1. Select food category. Press the **RECIPES** key twice to select Poultry category. (The red indicator to the left of menu symb ol lights.)

RECIPES

x 2

2. Select the menu b y pressing the **MENU FORWARD** key 3 times.

MENU

x 3

3. Press the **INSTANT COOK/START** key to start cooking.

NOTES:
- Press **HELP** key for guidance in operating your oven, see page 19.
- After cooking, it is recommended to wait for 2 minutes b efore cooking again to allow the oven to cool down.

HINTS:
1. **Prepare the food in advance so it is ready to put into the oven as soon as preheat is over.**
2. **When action is required (e.g. to stir food) do not leave the door open for a long time, as the oven temperature will get cool.**

Warning:
Accessib le parts (e.g. oven door, oven cavity, dishes and accessories) will b ecome hot when in use. To prevent b urns, always use thick oven gloves.

OTHER CONVENIENT FEATURES

Sequence Cooking

Your oven can be programmed for up to 4 automatic cooking sequences, switching from one variable setting to another automatically.
These can include a combination of Microwave, Grill, Convection or Dual Cooking.

Example:

To cook for: 5 minutes on 70% microwave power (Stage 1)
6 minutes on Grill (Stage 2)
3 minutes on Dual 2, 200°C, 30% microwave power (Stage 3)

STAGE 1

1. Enter the cooking time by pressing the **1 MIN**. key 5 times.

x 5

2. Input the power level by pressing the **POWER LEVEL** key twice.

x 2

STAGE 2

3. Enter the cooking time by pressing the **1 MIN**. key 6 times.

x 6

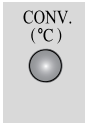
4. Select the cooking mode by pressing the **GRILL** key once.

STAGE 3

5. Enter the cooking time by pressing the **1 MIN**. key 3 times.

x 3

6. Select the cooking mode by pressing the **DUAL 2** key, then change the convection temperature by pressing the **CONV. (°C)** key 3 times.

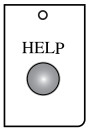


x 3

7. Press the **INSTANT COOK/START** key to start cooking.

NOTE: If 100% microwave power is required on the final stage, it is not necessary to input the power level.

Help Feature



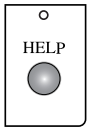
The HELP feature has 5 different programmes.

Guide of Keys

Each key carries a useful guide.

*** To get the guide for the BASIC COOK key.**

1. Press the **HELP** key once.



x 1

2. Press the **BASIC COOK** key.

Check the display.

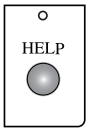
The guide message will be shown once, and then the display will show the time of day.
If you want to cancel the guide, press the **STOP/CLEAR** key.

Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced. To prevent accidents like this, your oven has a " Child Lock" feature that you can set when the oven is not in use.

* To set the Child Lock.

1. Press the **HELP** key twice.



x 2

2. Press the **INSTANT COOK/START** key.

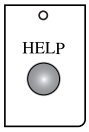
Check the display.

The control panel is now locked, each time a key is pressed, the display will show " CHILD LOCK ON" .

* To unlock the control panel.

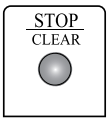
After step 2 for Child Lock.

1. Press the **HELP** key once.

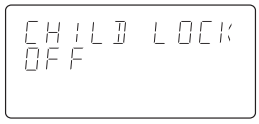


x 1

2. Press the **STOP/CLEAR** key.



Check the display.



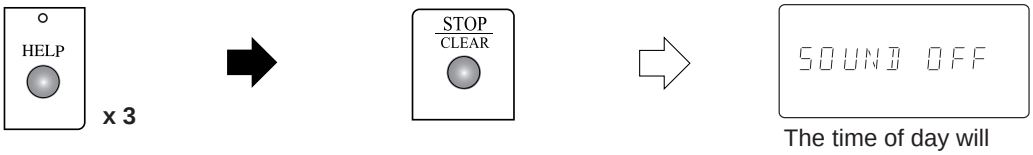
The time of day will appear in the display. The oven is ready to use.

Sound Setting

This oven is preset with the Sound On. The sound can be turned off.

* To turn off the sound.

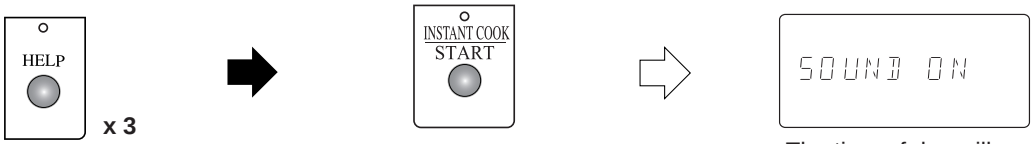
1. Press the **HELP** key 3 times. **2.** Press the **STOP/CLEAR** key. **Check the display.**



The time of day will appear in the display.

* To turn on the sound.

1. Press the **HELP** key 3 times. **2.** Press the **INSTANT COOK/START** key. **Check the display.**



The time of day will appear in the display.

Refresh Cycle

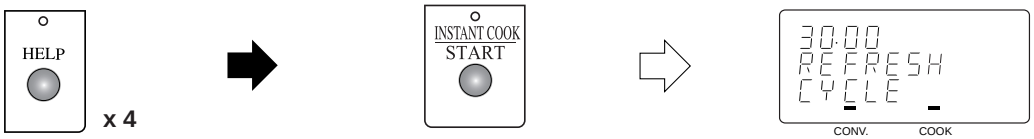
The oven has a catalyst which assists with smoke and odour removal.
Use the Refresh Cycle to:

- Condition the heater before using the oven for the first time.
- Remove any unwanted odour.
- Keep the catalyst in optimum condition.
- Assist with cleaning the oven. Leave the oven to cool for approx . 10 minutes before cleaning (see CARE AND CLEANING on page 23).

NOTES:

1. Remove the turntable from the oven before the Refresh Cycle. No food should be in the oven.
2. The Refresh Cycle takes 30 minutes.
3. During the Refresh Cycle some smoke and odour may occur.

1. Press the **HELP** key 4 times. **2.** Press the **INSTANT COOK/START** key. **Check the display.**



The time begins to count down.

Warning:
Accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use. To prevent burns, always use thick oven gloves.

Help

When the indicator light above the **HELP** key is flashing, press the key to read valuable information.

Time Adjustment for Automatic Cooking

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the " more " or " less" feature to either add (more) or reduce (less) cooking time.
The **LESS/MORE** keys can be used to adjust the cooking time of the following features.

- AUTO COOK - EASY DEFROST - BASIC COOK - RECIPES

a) More/Less time adjustment before start

Press the **LESS** (▼) and **MORE** (▲) key after entering weight and before pressing the **INSTANT COOK/START** key.

* Suppose you want to cook 0.2 kg Frozen vegetables (**AUTO COOK**) for more time than the standard setting.

1. Select the **AUTO COOK** menu for Frozen Vegetables by pressing the **AUTO COOK** key twice.

2. Enter the weight by pressing the **WEIGHT UP** key twice.

3. Choose the desired result (well cooked) by pressing the **MORE** (▲) key once.

4. Press the **INSTANT COOK/START** key to begin cooking.

NOTES:

- To cancel **LESS** or **MORE** press the same key again.
- To change **MORE** to **LESS** simply press the **LESS** (▼) key.
- To change **LESS** to **MORE** simply press the **MORE** (▲) key.

b) Extending time at the end of cooking

Cooking time can be extended at the end of an automatic programme. When the **MORE** indicator is flashing after cooking, press the **MORE** (▲) key to extend the cooking time in multiples of 1 minute, then press the **INSTANT COOK/START** key. A maximum of 10 minutes can be entered. Check the cooking progress regularly.

Time Adjustment for Manual Cooking

a) Adjusting time during cooking

The cooking time can be decreased or increased in 1 minute increments each time the **LESS** (▼) and **MORE** (▲) keys are pressed. The cooking time can also be extended in multiples of 1 minute by pressing the **INSTANT COOK/START** key while the oven is in operation. Check the cooking progress regularly.

b) Extending time at the end of cooking

Cooking time can be extended at the end of cooking. When the **MORE** indicator is flashing after cooking, press the **MORE** (▲) key to extend the cooking time in multiples of 1 minute, then press the **INSTANT COOK/START** key. A maximum of 10 minutes can be entered. Check the cooking progress regularly.

* Suppose you want to increase cooking time by 2 minutes during 5 minutes on 50% microwave power.

1. Enter desired cooking time.

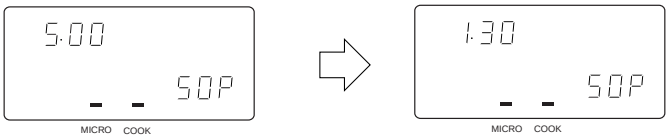
x 5

2. Select microwave cooking and power level by pressing the **POWER LEVEL** key as required. (for 50% press 3 times)

x 3

3. Press the **INSTANT COOK/START** key.

Check the display.



The time begins to count down.

4. Press the **MORE** key twice to increase time by two minutes.

x 2

Check the display.

Timer

Use this feature as a general purpose timer. Ex amples include:
timing b oiled eggs cooked on the stove top.
timing the recommended standing time of food.
Y ou can enter any time up to 99 minutes, 90 seconds. If you want to cancel the timer during the count down phase simply press **STOP/CLEAR** and the display will return to showing the time of day.

* Suppose you want to set the timer for 3 minutes to b oil an egg on the stove top.

1. Press the **TIMER** key.

2. Press the **1 MIN** key 3 times.

x 3

Once the egg has come to the b oil in the saucepan you can start the timer.

3. Press the **INSTANT COOK/START** key.

Check the display.

The timer b egins to count down. When the timer reaches z ero, the oven will " b eep" . " END" will appear in the display.

Demonstration Mode

This feature is mainly for use b y retail outlets, and also allows you to practice the key operation.

Press the **STOP/CLEAR** key and hold for 4 seconds. When the oven b eeps, press the **STOP/CLEAR** key 4 times within 2 seconds. " MICROWAVE OVEN WITH HIGH SPEED CONVECTION PRESS ANY KEY FOR DEMO MODE" will appear in the display.
Cooking operations can now b e demonstrated with no power in the oven. For ex ample, press **INSTANT COOK/ START** key, and the display will show " 1.00" and count down to z ero at six ty times the speed. When the timer reaches z ero, " END" will appear in the display.

To cancel, press the **STOP/CLEAR** key and hold for 4 seconds. When the oven b eeps, press the **STOP/CLEAR** key once. " DEMO OFF" will appear in the display.

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.
Before cleaning ensure oven cavity is cool.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaners.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

Wipe splatters and spills with a little dish washing liquid on a soft damp cloth for hygienic reasons. Use a mild stainless steel cleaner applied with a soft damp cloth, for stubborn stains inside the oven cavity ONLY. Do not apply to the inside of the door. Wipe clean ensuring all cleaner is removed.
After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover.

DO NOT USE CAUSTIC CLEANERS, ABRASIVE OR HARSH CLEANSERS OR SCOURING PADS ON YOUR OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.

DO NOT USE A STEAM CLEANER. Avoid using excess water. After cleaning the oven, ensure any water is remove with a soft cloth.

To assist with cleaning the oven interior, use the Refresh Cycle. (Refer to page 19).

Turntable/Turntable Support/Racks:

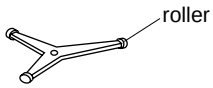
Wash with mild soapy water and dry thoroughly.

Note:

Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing,smoke or even catch fire when next using the oven.

SPECIAL NOTE for TURNTABLE SUPPORT:

After cooking, always clean the turntable support, especially around the rollers. These must be free from food splashes and grease. Built-up splashes or grease may overheat and cause arcing, which may produce smoke or catch fire.



SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light up? Yes_____ No _____
2. When the door is opened, does the oven lamp come on? Yes_____ No _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Press the **INSTANT COOK/START** key once.
   - A. Does the oven lamp come on? Yes_____ No _____
   - B. Does the cooling fan work? Yes_____ No _____
     (Put your hand over the rear ventilation openings.)
   - C. Does the turntable rotate? Yes No
     (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   - D. Does the COOK indicator light up? Yes_____ No _____
   - E. After one minute, did an audible signal sound? Yes_____ No_____
   - F. Is the water inside the oven hot? Yes_____ No _____
4. Remove water from the oven and programme the oven for 5 minutes at convection 180°C.
   - A. Do CONV and COOK indicators light up? Yes_____ No_____
   - B. After 5 minutes, is the inside of the oven hot? Yes_____ No _____

If " NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.
If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE:
1. If the time in the display is counting down rapidly, check Demonstration Mode. (Please see page 22 for detail.)
2. If you cook for an extended amount of time on the same cooking mode, the oven will lower the power automatically to avoid overheating. Check food is piping hot after cooking. If necessary, you can extend the cooking time.
3. After manual or automatic cooking using the Grill, Dual Cook or Convection modes, the cooling fan will switch on to cool the oven cavity. When the cooling fan works, the display may show " NOW COOLING" . To clear it, press the **STOP/CLEAR** key and the display will return to the time of day, if set. During these modes, the cooling fan will carry on working after you have pressed the **STOP/ CLEAR** key. You may feel hot air blowing out of the ventilation openings.
4. Your oven has a voltage check function. If the voltage rises above 10% or falls below 10% of the required 240 volts, the cooking results would not be acceptable; therefore the oven will stop, display an error message and interrupt the cooking programme. Press the **STOP** key and complete the cooking manually. It is imperative that the power to the oven be checked to ensure that a 240 volt circuit is serving the oven.

SPECIFICATIONS

AC Line Voltage	:	Single phase 230-240V, 50Hz
AC Power Required	:	
Microwave	———	1.65 kW
Grill	———	2.55 kW
Convection	———	2.55 kW
Dual	———	2.8 kW
Output Power	:	
Microwave	———	900 W* (IEC test procedure)
Grill Heater	———	1500 W (Top heater)
		1000 W (Side heater)
Microwave Frequency	:	2450 MHz (Class B/Group 2)* *
Outside Dimensions	:	550 mm (W) x 405 mm (H) x 625 mm (D)
Cooking Uniformity	:	Turntable (330 mm in diameter) system
Weight	:	Approx. 39 kg

* When tested in accordance with AS/NZS 2895.1.1995

* * This is the classification of ISM(Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

SHARP

COOKING GUIDES

CONTENTS COOKING GUIDE

HELPFUL HINTS ①	COOKWARE AND UTENSIL GUIDE ③	AUTO COOK MENU GUIDE ④,⑤	EASY DEFROST MENU GUIDE ⑥	BASIC COOK MENU GUIDE ⑦	RECIPES MENU GUIDE ⑨

SHARP®
SHARP CORPORATION OSAKA, J APAN

TINSEB011 WRRZ - J 31
PRINTED IN THAILAND

HELPFUL HINTS

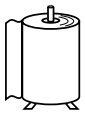
MICROWAVE COOKING

1. ARRANGEMENT
   Arrange foods carefully. Place thickest areas toward outside of dish.
   Eg. Arrange vegetab les in a shallow dish in the following way:
   Hard Vegetab les around the outside, Soft Vegetab les in the centre, Medium Vegetab les in-b etween.

2. TURNING
   Foods such as poultry and joints of meat should b e turned over after half the cooking time.
3. COVERING
   Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetab les, Casse-roles, or when Reheating.
   Use to cover foods:

LID

PLASTIC WRAP



PAPER TOWEL

4. PIERCING
   Pierce potatoes, eggs, oysters, tomatoes or any foods with a skin or memb rane to allow steam to escape.

TOMATO

EGG

5. SHIELDING
   Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.

FISH

CHICKEN

6. STANDING TIME
   Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.
7. STIRRING
   Stir foods from the outside to the centre of the dish, once or twice during cooking if possib le.
   Eg. Casseroles and Sauces.

STIR

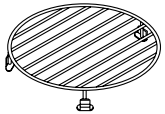
8. SIZ E
   Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same siz e.
9. DENSITY
   The depth to which microwaves penetrate food varies depending on the food' s density. Porous foods like minced b eef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.
10. FAT AND BONE
    Marb ling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or ex cess drippings in dish attract energy away from meat, and slows cooking. Centre b ones do not affect cooking, b ut b one on the side of meat conducts heat to the areas nex t to it.
11. STARTING TEMPERATURE
    Froz en or refrigerated food takes longer to heat than food at room temperature. Cooking times in this b ook are b ased on normal storage temperatures. Since rooms, refrigerators and freez ers differ in temperature, check for doneness at the minimum time.

12. QUANTITY
    Microwave cooking times are directly related to the amount of food in the oven. Because energy is ab sorb ed b y the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.
13. CONDENSATION
    Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not b locked.
14. GENERAL
    Your microwave oven is capab le of heating food and b everages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to b e heated. If you are unsure of the cooking time and power level required, b egin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

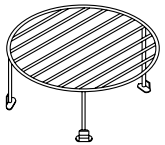
HELPFUL HINTS

GRILL COOKING

1. Use thick oven gloves when removing food or the turntable from the oven to PREVENT BURNS. Because accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use.
2. Foods may be cooked either directly on the turntable, or using the high/low racks (and splash guard).



LOW RACK



HIGH RACK

SPLASH GUARD

3. Follow the recommended grill cooking times and procedures in the cookbook.

DUAL COOKING

1. There are two automatic, preprogrammed dual settings.

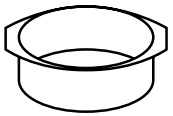
   a) Dual 1 - Grill with 30% microwave power.

   b) Dual 2 - Convection 250°C with 30% microwave power.

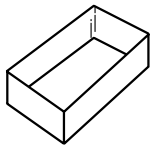
2. Use thick oven gloves when removing food or the turntable from the oven to PREVENT BURNS. Because accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use.
3. Metal cookware can be used.
   During dual cooking some metal utensils may cause arcing when they come in contact with oven walls or accessory racks. To prevent arcing when using a metal tin, place a heat resistant dish (Pyrex pie plate, dinner plate) between the tin and the rack.
4. Follow the recommended dual cooking times and procedures in the cookbook.

CONVECTION COOKING

1. Use thick oven gloves when removing food or the turntable from the oven to PREVENT BURNS. Because accessible parts (e.g. oven door, oven cavity, dishes and accessories) will become hot when in use.
2. For best results, preheat to required temperature without the turntable and accessories.
3. High rack or low rack (and splash guard) is recommended for 1 level. High and low racks are recommended for 2 levels.
4. Metal cookware can be used. Round pizza trays are excellent cooking utensils for cooking.



CAKE TIN

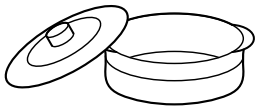


RECTANGLE DISH

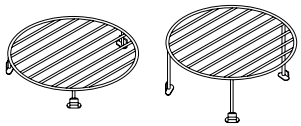
PIZZA TRAY

5. If you are cooking and wish to check the temperature you have programmed, simply press the **CONV. (°C)** key. The programmed temperature will be displayed as long as the **CONV. (°C)** key is pressed.

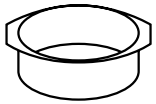
COOKWARE & UTENSIL GUIDE



OVENPROOF GLASS

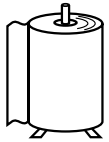


METAL RACKS



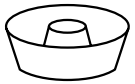
CAKE TIN

PIZZA TRAY

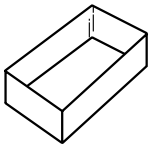


PAPER TOWEL

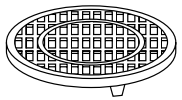
FOIL



RING CENTRE DISH



RECTANGLE DISH



DEFROST RACK

SPLASH GUARD

	MICROWAVE	GRILL	DUAL COOKING	CONVECTION
METAL RACKS	YES	YES	YES	YES
SPLASH GUARD	Not necessary	YES	YES	YES
GLASSWARE/CERAMIC (HEAT RESISTANT)	YES	YES	YES	YES
METAL COOKWARE	NO	YES	* 1 YES	YES
OVEN BAGS	YES	NO	NO	NO
ALUMINIUM FOIL	For Shielding	YES	For Shielding	YES
NON-STICK PAPER	YES	NO	NO	NO
GREASE-PROOF PAPER	YES	NO	NO	NO
WAXED PAPER	YES	NO	NO	NO
PLASTIC WRAP	* 2 YES (microwave safe wrap only)	NO	NO	NO
PAPER TOWEL	YES	NO	NO	NO
PLASTIC COOKWARE MICROWAVE SAFE	* 3 YES	NO	NO	NO
BROWNING DISH	YES	NO	NO	NO
DEFROST RACK	Defrost Only	NO	NO	NO
THERMOMETERS MICROWAVE SAFE CONVENTIONAL	YES NO	NO NO	NO NO	NO NO

* 1 When using metal utensil, place a heat resistant dish between the metal utensil and the rack (refer to page②).
* 2 For cooking food with high fat contents, do not bring the wrap in contact with the food as it may melt.
* 3 Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

AUTO COOK MENU GUIDE

When you cook the following menus with AUTO COOK, press the AUTO COOK key until the desired menu appears in the display.

<table>
<tr><th>No.</th><th>Menu</th><th>Weight Range</th><th>Initial Temperature (approx.)</th><th>Procedure</th><th>Standing Time (minutes)</th></tr>
<tr><td>1</td><td>Frozen Pasta Meals
includes:
<table><tr><td>FOOD MAKER</td><td></td></tr><tr><td>FINDUS</td><td>Cannelloni
Macaroni + Bolognaise
Macaroni + Beef
Macaroni + Cheese, Ravioli</td></tr><tr><td>HOME BRAND</td><td>Lasagne, Spaghetti</td></tr><tr><td>McCAINS</td><td>Lasagne</td></tr><tr><td>LATINA</td><td>Lasagne</td></tr><tr><td>MAGGI</td><td>Lasagne, Cannelloni, Macaroni & Cheese</td></tr><tr><td>DOLMIO</td><td>Lasagne
Beef Tortellini
Spaghetti Bolognaise</td></tr></table></td><td>1 – 3 serves
Place only one meal in oven at a time.
1 serve = 300 – 499 g
2 serves = 500 – 749 g
3 serves = 750 – 999 g</td><td>- 18 °C
Froz en</td><td>• Follow preparation procedures as shown on food package.
• Place prepared food in oven, close the door.
• After cooking remove from oven, stand and if possib le, stir.</td><td>1 - 5</td></tr>
<tr><td>2</td><td>Frozen Vegetables
Carrots — hard vegetab les
Beans, Brussels Sprouts, Broccoli, Cauliflower — medium vegetab les
Corn, Green Peas, Mix ed Vegetab les — soft vegetab les</td><td>0.1 - 0.8 kg</td><td>- 18 °C
Froz en</td><td>• Before cooking, separate vegetab les eg. b roccoli as much as possib le.
• Arrange the vegetab les in a shallow dish in the following way : hard vegetab les around the outside, soft vegetab les in the centre, medium vegetab les in-b etween.
• Cover with a glass lid or plastic wrap.
• After cooking, stir then stand covered.</td><td>1 - 5</td></tr>
<tr><td>3</td><td>Fresh Vegetables
Carrots, Poteto, Beans, Broccoli, Cauliflower, Pumpkin</td><td>0.1 - 0.8 kg</td><td>+ 3 °C
Refrigerated</td><td>• Wash the vegetab les.
• Cut potatoes into small pieces.
• Arrange the vegetab les in a shallow dish.
• Cover with a glass lid or plastic wrap.
• After cooking, stir then stand covered.
NOTE: Use MORE setting for potato and pumpkin</td><td>1 - 5</td></tr>
</table>

AUTO COOK MENU GUIDE

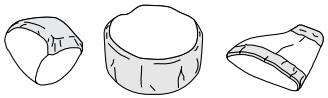
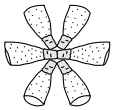
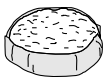
When you cook the following menus with AUTO COOK, press the AUTO COOK key until the desired menu appears in the display.

<table>
<tr><th>No.</th><th>Menu</th><th>Weight Range</th><th>Initial Temperature (approx.)</th><th>Procedure</th><th>Standing Time (minutes)</th></tr>
<tr><td>4</td><td>Fresh Pasta
Tortellini
Ravioli
Fettuccine
Tagliatelle
<table><tr><td>Weight</td><td>200g</td><td>300g</td><td>400g</td><td>500g</td></tr><tr><td>Hot tap water
(1 cup= 250ml)</td><td>4 cups</td><td>4 cups</td><td>6 cups</td><td>6 cups</td></tr></table></td><td>0.2 - 0.5 kg</td><td>+ 60 °C
hot tap water</td><td>• Place into a Pyrex ® b owl and cover with hot tap water.
• Cook uncovered.
• When oven stops and STIR is displayed, stir and continue cooking.
• After cooking, stand and stir.
NOTE: For Tagliatelle, use LESS key.</td><td>2 - 5</td></tr>
<tr><td>5</td><td>Dried Rice / Pasta
includes: White Rice
Dry Pasta
<table><tr><td>Weight</td><td>100g</td><td>200g</td><td>300g</td></tr><tr><td>Soup stock or Hot tap water for Rice (1cup = 250ml)</td><td>1 1/2 cups</td><td>2 1/2 cups</td><td>3 cups</td></tr><tr><td>Hot tap water for Pasta (1cup = 250ml)</td><td>3 cups</td><td>4 cups</td><td>5 cups</td></tr></table></td><td>0.1 - 0.3 kg</td><td>approx . + 60 °C
hot tap water
or soup stock</td><td>• Wash rice thoroughly until water runs clear.
• Place into a Pyrex ®b owl and cover with hot soup stock (for rice) or with hot tap water (for rice or pasta).
• Cook uncovered.
• When oven stops and STIR is displayed, stir and continue cooking.
• After cooking, stand and stir.</td><td>3 - 5</td></tr>
</table>

EASY DEFROST MENU GUIDE

EASY DEFROST

When you defrost the following menus with EASY DEFROST, press the EASY DEFROST key until the desired menu appears in the display.

No.	Menu	Weight Range	Procedure	Standing Time (minutes)
1	**Roast Meat** Beef/Lamb/Pork 	0.6 - 1.8 kg	• Shield the bone and the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on a defrost rack. • When the oven has stopped, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil.	5 - 30
2	**Whole Poultry**	1.2 - 2.6 kg	• Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on a defrost rack. • When the oven has stopped, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil. N.B. After standing run under cold water to remove giblets if necessary.	15 - 30
3	**Steaks, Chops**	0.3 - 1.2 kg	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible. • When the oven has stopped, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil. • See NOTE below.	5 - 15
4	**Chicken Pieces** 	0.3 - 1.6 kg	• Shield the exposed bone with foil. • Place chicken pieces on a defrost rack. • When the oven has stopped, remove any defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil. • See NOTE below.	5 - 15
5	**Minced Meat** 	0.2 - 1.0 kg	• Place frozen minced meat on a defrost rack. Shield edges. • When the oven has stopped, remove defrosted portions of mince, turn over and shield edges with foil strips. • After defrost time, stand covered with aluminium foil. • See NOTE below.	5 - 15

Food not listed in the Guide can be defrosted using 30% setting.

NOTE: Do not use the metal rack for defrosting.
When freezing minced meat, shape it into flat even sizes.
For chicken pieces, steaks and chop, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers.
This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

BASIC COOK MENU GUIDE

When you cook the following menus with BASIC COOK, press the BASIC COOK key to select the food category. Then press the MENU key until the desired menu appears in the display.

NOTES:
- Preheat is pre-programmed for all foods that require it. Remove the turntable and accessories before preheating. When preheat is over the audible signal will sound.
- Foods marked with * do not need preheat.

Meat

No.	Menu		Int. Temp.	Weight Range	Rack	Container
1	Chilled Roast Beef *	medium	C	0.6 - 1.8 kg	Low	Rack & Splash Guard
	Chilled Roast Beef *	welldone	C	0.6 - 1.8 kg	Low	Rack & Splash Guard
2	Chilled Roast Lamb *	medium	C	0.6 - 1.8 kg	Low	Rack & Splash Guard
	Chilled Roast Lamb *	welldone	C	0.6 - 1.8 kg	Low	Rack & Splash Guard
3	Chilled Roast Pork *		C	0.6 - 1.8 kg	Low	Rack & Splash Guard
4	Froz en Roast Beef*	medium	F	0.6 - 1.8 kg	Low	Rack & Splash Guard
	Froz en Roast Beef*	welldone	F	0.6 - 1.8 kg	Low	Rack & Splash Guard
5	Froz en Roast Lamb*	medium	F	0.6 - 1.8 kg	Low	Rack & Splash Guard
	Froz en Roast Lamb*	welldone	F	0.6 - 1.8 kg	Low	Rack & Splash Guard

COOKING PROCEDURE:
- Select **MORE** (▲) for welldone meat.
- Use the splash guard when cooking meat.
- At the audible signal, turn the meat over.
- After cooking, leave meat to stand wrapped in aluminum foil for 10 minutes.

Poultry

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Whole Roast Chicken	C	1.2 - 2.6 kg	Low	Rack & Splash Guard
2	Chilled Chicken Fillets (with skin)	C	1 - 4 pieces 1 piece=150g - 170g	Low	Rack
3	Chilled Chicken Legs	C	1 - 4 pieces 1 piece=200g	Low	Rack
4	Froz en Whole Roast Chicken*	F	1.2 - 2.6 kg	Low	Rack & Splash Guard
5	Froz en Whole Roast Turkey*	F	3.0 - 4.0 kg	Low	Rack & Splash Guard

COOKING PROCEDURE:
- Pierce skin for all chilled poultry before cooking.
- When cooking froz en poultry with giblets, remove the giblets at the first or second turn over.
- At the audible signal, turn the poultry over. (froz en poultry only)
- After cooking, leave whole poultry to stand wrapped in aluminum foil for 10 minutes.

Fish

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Salmon Fillets/Steaks	C	0.2 - 0.8 kg	Low	Flan dish
2	Chilled Fish Fillets (Hoki, Perch, Barramundi, Flake)	C	0.2 - 0.6 kg	Low	Flan dish
3	Froz en Salmon Fillets	F	0.3 - 0.6 kg	Low	Flan dish
4	Froz en Fish Fillets (Hoki, Perch, Barramundi, Flake)	F	0.2 - 0.6 kg	Low	Flan dish
5	Froz en Tuna Steaks	F	0.3 - 0.6 kg	Low	Flan dish

Crispy Potatoes

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Baked Potatoes	A	1 - 6 pieces 1 piece=250g		Turntable
2	Froz en Oven Chips	F	0.2 - 0.5 kg		Turntable
3	Froz en Potato Wedges	F	0.2 - 0.5 kg		Turntable
4	Froz en Potato Shapes (Smiles, Alphabites)	F	0.2 - 0.5 kg	High	Baking tray
5	Froz en Potato Rosti / Hash Browns	F	0.2 - 0.5 kg	Low	Rack

COOKING PROCEDURE:
- All foods in the Crispy Potatoes Category are ready-made, pre-packaged products. (except for Baked Potatoes)
- Before cooking Baked Potatoes, wash thoroughly and pierce several times all over.

Pizza

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Deep Pan	C	0.2 - 0.9 kg	High	Rack
2	Froz en Deep Pan	F	0.2 - 0.8 kg	High	Rack
3	Froz en Thin & Crispy	F	0.2 - 0.5 kg	High	Rack

COOKING PROCEDURE:
- Ensure all packaging is removed before cooking.

INITIAL TEMPERATURE:
C: CHILLED (5℃)
F: FROZEN (-18℃)
A: AMBIENT (20℃)

Crispy Crumb

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Chicken Nuggets	C	0.1 - 0.5 kg		Turntable
2	Chilled Chicken Breast Fillets	C	0.1 - 0.5 kg		Turntable
3	Chilled Fish Nuggets/Shapes/Fingers	C	0.1 - 0.5 kg		Turntable
4	Frozen Chicken Nuggets	F	0.1 - 0.5 kg		Turntable
5	Frozen Chicken Breast Fillets	F	0.1 - 0.5 kg		Turntable
6	Frozen Fish Nuggets/Shapes/Fingers	F	0.1 - 0.5 kg		Turntable
7	Frozen Fish Fillets/Portions	F	0.1 - 0.5 kg		Turntable

Pie/Quiche

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Savoury Pie	C	0.2 - 1.0 kg	Low	Rack
2	Chilled Quiche/Flan	C	0.2 - 0.9 kg		Turntable
3	Chilled Sweet Pie	C	0.2 - 0.8 kg		Turntable
4	Frozen Savoury Pie	F	0.2 - 1.0 kg	Low	Rack
5	Frozen Quiche/Flan	F	0.2 - 0.9 kg	Low	Rack

COOKING PROCEDURE:
- Ensure all packaging is removed before cooking.
- Only pre-cooked, ready-made pies/quiches are recommended in this category.
- Puff pastry pies are not recommended.

Bakery

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Garlic Bread	C	1 - 4 pieces 1 piece = 180 g - 200 g		Turntable
2	Chilled Garlic Slices	C	2 - 6 pieces 1 piece = 35 g		Turntable
3	Frozen Garlic Bread	F	1 - 4 pieces 1 piece = 180 g - 200 g		Turntable
4	Frozen Garlic Slices	F	2 - 6 pieces 1 piece = 35 g		Turntable
5	Part-Baked Bread Rolls	A	2 - 6 pieces 1 piece = 40 g		Turntable

COOKING PROCEDURE:
- Ensure all packaging is removed before cooking.

Desserts

No.	Menu	Int. Temp.	Weight Range	Rack	Container
1	Chilled Fruit Crumble	C	0.4 - 0.6 kg		Original
2	Frozen Fruit Crumble	F	0.4 - 0.8 kg	Low	Original
3	Frozen Jam Donuts	F	0.3 - 0.4 kg		Flan dish
4	Frozen Danish Bar	F	0.4 - 0.6 kg		Flan dish
5	Frozen Pudding	F	0.2 - 0.5 kg	Low	Original

COOKING PROCEDURE:
- All foods in the Desserts category are ready-made, pre-packaged products.

INITIAL TEMPERATURE:
C: CHILLED (5℃)
F: FROZEN (-18℃)
A: AMBIENT (20℃)

RECIPES MENU GUIDE

When you cook the following menus with RECIPES, press the RECIPES key to select the food category. Then press the MENU key until the desired menu appears in the display.

NOTES:

- Preheat is pre-programmed for all foods that require it. Remove the turntable and accessories before preheating. When preheatis over the audible signal will sound.
- Foods marked with * do not need preheat.
- Please refer to the cookbook for recipes.

Meat

No.	Menu	Rack	Container	Cook book page
1	Steak Kebabs	Low	Rack	9
2	Garlic Roasted Lamb *	Low	Flan dish	9
3	Mexican Tacos	Low	Flan dish	9
4	Glazed Pork Chops	Low	Flan dish	12
5	Oriental Pork Loin *	Low	Flan dish	12

Poultry

No.	Menu	Rack	Container	Cook book page
1	Thai Chicken	Low	Flan dish	16
2	Mediterranean Chicken	Low	Casserole dish	16
3	Chicken Parmesan Bake	Low	Casserole dish	17
4	Stuffed Chicken Breasts	Low	Flan dish	17
5	Herb Chicken	Low	Casserole dish	18

Fish

No.	Menu	Rack	Container	Cook book page
1	Salmon Parcels	High+Low	Baking trays	21
2	Pineapple Swordfish	Low	Flan dish	21
3	Spicy Prawns	Low	Baking tray	22
4	Tuna Pasta Bake	Low	Casserole dish	22
5	Tuna Stuffed Eggplants	Low	Flan dish	22

Crispy Potatoes

No.	Menu	Rack	Container	Cook book page
1	Cheesy Jackets		Turntable	25
2	Spicy Potatoes		Turntable	25
3	Spanish Omelette	Low	Flan dish	28
4	Parmesan Potatoes		Turntable	28
5	Roasted Vegetables	High+Low	Baking trays	29

Pizza

No.	Menu	Rack	Container	Cook book page
1	Margherita Pizza	Low	Rack	33
2	Meat Feast Pizza	Low	Rack	33
3	Ham & Pineapple Pizza	Low	Rack	33
4	Pesto Pizza	Low	Rack	34
5	Hawaiian Barbecue Pizza	Low	Rack	34

Crispy Crumb

No.	Menu	Rack	Container	Cook book page
1	Stuffed Mushrooms		Turntable	37
2	Cheesy Fish Nuggets		Turntable	37
3	Sesame Chicken		Turntable	38
4	Crispy Parmesan Chicken		Turntable	38
5	Stuffed Capsicums	Low	Flan dish	39

Pie/Quiche

No.	Menu	Rack	Container	Cook book page
1	Meat & Potato Pie	Low	Casserole dish	41
2	Chicken & Tarragon Pie	Low	Deep flan dish	41
3	Cheese & Onion Pie	Low	Flan dish	42
4	Quiche Lorraine	Low	Flan dish	42
5	Vegetable Quiche	Low	Flan dish	43

Bakery

No.	Menu	Rack	Container	Cook book page
1	Date & Cinnamon slices	High+Low	Baking trays	45
2	Carrot & Zucchini Cake	Low	Glass cake dish	45
3	Double Choc Chip Cookies	High+Low	Baking trays	48
4	Banana Muffins	High+Low	Muffin trays	48
5	Pear & Praline Pie	Low	Flan dish	49

Desserts

No.	Menu	Rack	Container	Cook book page
1	Baked Cheesecake	Low	Flan dish	53
2	Bread & Butter Pudding	Low	Casserole dish	53
3	Apple & Berry Crumble	Low	Deep flan dish	54
4	Lemon Meringue Pie	Low	Flan dish	54
5	Fruit Tart	Low	Flan dish	55